

CONSTANT PRACTICE MAKES GOOD PUTTERS, SAYS OUIMET

Mistake Common to Many Golfers Is That They Are Flighty in Their Styles, Says Champion

If you wish to succeed in that most delicate part of the game of golf, putting, heed the advice of the young champion, Mr. Francis Ouimet. His views on what he thinks the best methods to employ are set forth by him in a volume by various authors just issued by Little, Brown & Co., entitled "Success at Golf."

By FRANCIS OUIMET.
Open champion United States 1913.

NOTHING else is so commonly bewailed in golf as inability to putt well. Who has not known the man who could have "broken the record of the course," "defeated his opponent" or turned in a better score than the winner of the medal play competition had it not been for "my poor putting"? With a great majority it is the will of the wisp of the game. Today it seems possible to hole everything in sight; to-morrow the cup looks the size of an egg holder into which must be driven a pumpkin or squash. The worst of it is that "to-morrow" generally is the day of a match or a tournament, the day of all days when it is desirable to make every stroke count for its greatest value.

In no other branch of the game are all men born so "nearly free and equal." I can almost fancy that the putting end of golf was the product of an exceedingly fertile and ingenious mind, coming about in this wise: A and B were the original pair to play a game which has developed into the present game of golf. A was a mighty man who, with whatever crude instrument was used at the time, could deal a prodigious blow that would send the "ball" a comparatively great distance.

B was of more delicate mould. To A's taunt and laughter over his feeble efforts to propel for any great distance the object hit I think I can hear B saying: "True, I admit I cannot hit so lustily as you, but I'll lay you a wager I can roll this ball along the ground and have it stop nearer that brown patch than you can."

A accepts the wager and B wins it. Thereupon A is determined not to be so triumphed over, and he tries again—with the same result, for up to this time A has thought of nothing other than the distance he could hit. Now being quite humbled he determines that in secret he will practise that more delicate stroke so that thenceforth he may not only triumph over B in the matter of distance but in the skill of making the ball stop where he wishes, or at least nearer to that spot than can B. Thereafter, in their dual play, he decided that both factors of the game shall be included in their wagering and eventually they conclude that the new feature lends an added flavor to their outings.

Today I know of many golfers who are only second or third rate golfers, but whose skill as putters is all that keeps them in the rank that they do hold. From this there may be two deductions—one is that, knowing their deficiencies in other branches of the game, they devote themselves assiduously to practise in that department which alone can place them on a par, or near a par, with others who far outclass them in the matter of driving and approaching; the other solution is that some golfers are natural born putters. My personal opinion, however, is that more men are good putters from practice than because they have any pronounced superiority to begin with, over other men.

One of the greatest mistakes common to golfers who are known as in and out putters, to my mind, is that they are as flighty over their styles of putting as their putting is erratic. If a farmer were to plant a row of vegetable seeds on his land Monday, and becoming dissatisfied over their progress by the end



Preparing to putt—study the line of putt.

of a week dig them up and plant something else, his neighbors would look upon him as a little weak mentally.

That is perhaps a far fetched simile; nevertheless it is hard to understand how a golfer can try one style of putting to-day, another to-morrow and a third the day following and hope to improve that important department of his game. The trouble with him, as a rule, is that every time he sees another golfer get first class results with a style of putting dissimilar to that which he most recently has adopted, he either consciously or unconsciously adopts that new style. Or he sees one golfer do exceptionally well with a style of putter different from

his own and immediately jumps mentally to the conclusion that it is not his



Francis Ouimet, United States open champion, 1913.

putting style after all that is at fault, but his style of putter.

All this may sound as if I had adopted one style of putter and putting at the



Just before Ouimet putts he steadies himself by placing the club in front of the ball.

outset of my golfing career and clung to it to the present day. I confess otherwise. Even when I say that I have had generally satisfactory results from the methods which I adopted last, I must admit that there have been times when I have been tempted to copy some golfer who, when I have seen him putt, apparently knew not the meaning of failure. Before a golfer can putt he necessarily must have some implement with which to do it, and I would suggest a goose-neck putter with a medium straight face. I have tried the putting cleft with the flat, or upright, lie, but have found it impossible to get over the ball so as to

Suggests Using a Goose-neck Putter With a Medium Straight Face—His Stance and Grip

get an absolutely straight line to the hole. It has seemed to me that where you are not directly over the ball, that is, where you have the club head extended away from you, the tendency is to pull the club head off the line and then it is speculative whether the club head has the proper line when it comes back to meet the ball. More often, I think, it comes back from an angle and either imparts a cut or else is prone to hit the ball to the left of the hole.

Now as to the cut stroke in putting. I personally do not believe that the ball so hit will follow as true a line as that which is hit absolutely straight, except that the cut is serviceable where the ball may be lying in some slight depression.

In my putting I take a stance well over the ball—in fact, my head is directly over the ball, and the latter is about midway between the two heels, the stance being fairly open. I have tried putting off the left foot, but found that with this stance there was a tendency to "stab" the ball. Taking the club back, my wrists do not come into play at all, the backward motion starting from the left shoulder and coming back from the right, like a pendulum. It is the right hand which imparts the blow and I endeavor to get a distinct follow through, with the face of the club head at absolutely right angles to the hole. I do not attempt to hold a rigid position, but allow my body to go forward slightly toward the hole.

I do not attempt to hit the ball above the centre, for a half-top, the stroke which some claim makes the ball hug the ground and be more certain of dropping when it strikes the hole. Rather, my idea is that the follow-through in itself does this work. The club head at the finish of the stroke is between three and four inches from the ground, a result which cannot be attained by a stabbing stroke. To sum it up, my idea is that if the ball were placed on a piece of tape stretched directly toward the hole the club head should hold, as nearly as possible, the same position with relation to the tape from the backward motion to the follow through.

It is one of my mottoes always to be "up." Sometimes I fall in this, but this is what I have found through experience. That I feel much more certain of holing an eight foot putt coming back after having overrun the hole than of getting down a three or four foot putt if I have fallen short on the approach putt. In other words, I have acquired the habit of thinking, when making an approach putt of some length, that if I go over, I at least have given the ball a chance, and with nothing to regret I can make a bold try on the come back. But when I fall short on the approach putt I am apt to dwell upon what a coward I have been, consequently to have a feeling of insecurity over the stroke which follows.

My final word of advice would be this: No matter what your putting style may be, no matter whose style you may try to copy, no matter whose advice you may take about putting—

Practise assiduously.
HINTS IN BRIEF.

Stance—Heels about twelve inches apart, ball midway between the two, head well over the ball.

Grip—Thumb of left hand down the shaft of club. Little, middle and fourth finger of right hand overlapping forefinger and middle finger of left. Left hand holds club and right hand gives impact to ball.

Up Swing—Movement begins from left shoulder; no wrist action; try to keep face of putter at right angles to hole.

Down Swing—Club follows imaginary groove which it took going up, like a pendulum; follow through essential face of putter stopping three or four inches from the ground after having hit the ball.

Suggestions—Generally try to be past the hole rather than short. It gives more confidence for the next putt. Try to hit the ball squarely and firmly. Do not study the line too long and do not putt carelessly. Practise!

Effects of Emotional Excitement Upon the Human Tissues

By Dr. LEONARD K. HIRSHBERG.

PROF. W. B. CANNON of Harvard University and his students and colleagues of the Harvard physiological laboratories have just concluded an elaborate investigation of the emotions of rage, pain and fear and their effects upon the human tissues. This research began after the discovery that some animals and some human volunteers suffered certain strange stomach disorders after painful irritation.

The little lumps of tissue just above the kidneys called adrenals pour a steady flow of their juices, called adrenin or epinephrin or adrenalin, into the blood.

This stuff bombards the tissues just as electric shocks do the nerves. It is not altogether a figure of speech to call it liquid nerves. If the adrenals are removed from sheep and calves and this substance is drunk or injected into the veins the pupils of the eyes dilate, the hairs begin to stand up as they do upon

the back of the fretful porcupine and other strange things happen.

In a word this material does exactly what you have always been taught the sympathetic nerves do. What you expect always from the nerves may now be brought about by the juices of these ductless glands.

A fragment of muscle from the bowels of an animal was taken by Dr. Cannon as a rage thermometer. So sensitive is this strip of intestine that a drop of a mixture of 20,000,000 drops of water in which there was a drop of adrenalin will show by shrinking it. Dr. Cannon was thus able to prove that every time a dog barks at a cat and the cat humps her back and prepares in terror for war an extra amount of adrenalin juice has been poured into the blood.

Similarly, when the cat jumps upon a dog this same thing was noted in the dog's blood.

Moreover, whenever pain was inflicted upon animals, as in catching beavers

and fur bearing animals in traps, seizing chickens by the throat, catching bears, birds or shooting animals, an excess of epinephrin was discernible plainly in the blood.

Whenever fear, rage or pain occurred these different emotions caused an increased bombardment of the blood with this animal drug.

If adrenin is injected into the blood it causes the liver to loosen up its storehouse of sugar. This sugar is set free in the blood and the victim may be mistakenly said to have diabetes, the sugar disease.

Epinephrin is also an antidote to fatigue. Muscular fatigue does not occur or is removed when the adrenal bodies act overtime or it is injected artificially.

It also makes the blood clot sooner than it would otherwise do. Dr. Cannon found that great emotional excitement and pain cause just the things which adrenalin brings about. Sugar appears in the blood and in the kidney fluids

and muscular fatigue is forgotten.

A caged cat made angry or made to fear a barking dog, and university students after a hard fought football battle or a stiff examination alike show the presence of sugar in the blood, an increase of blood pressure and a decrease of muscular weariness. The mere handling of a hen preparatory to putting it on a nest, the seizing of a guinea pig or any animal of the chase will increase the sugar in its blood threefold.

Worry and distress, rage and excitement, fear and anger also cause the muscles of the stomach and the rest of the alimentary channel to stop action. These emotions also stop the juices of digestion from flowing.

Dr. Cannon finds that epinephrin does exactly this. It drives the blood from the digestive tissues and sends it helterskelter through the heart, lungs, legs and brain.

Furthermore, it is evident from these researches that the blot will clot from

five to ten times as rapidly in angry persons as in cool and collected, placid persons.

All of these discoveries show how marvellously nature protects the human race from extinction. None of these wonderful effects is due to our wishes or is under your voluntary control. The instant you fight or run away, show anger or fear your emotions stir up the adrenal fluids and sugar begins to flow from your liver into the blood. This gives food and fuel to your busy muscles, removes "that tired feeling," shoots the blood into your heart and lungs, where it is needed, and stops the bleeding of wounds.

Thus it is proved for the first time that pain, anger and fear, like peace, placency and war. May a man who bled to death because he was calm and cool could have no doubt been saved if he had but summoned up the rage of a Caesar or the indignation of a full, adle pated Hotspur.

PHYSICAL AGONY OF ATHLETES WHILE COMPETING SHOWN IN SCULPTURED HEADS



Fatigue.



Breathlessness.



Violent effort.



Exhaustion.

Dr. R. Tait McKenzie, physical director of the University of Pennsylvania, has placed on exhibition at his office in the gymnasium of the university a series of cleverly sculptured heads which portray the actual physical agony that athletes must suffer in the supreme effort of winning contests on the cinder path. The expressions on these unique heads were modelled by Dr. McKenzie after he had studied the expression of athletes making desperate attempts to win contests, the expression being depicted on snapshots made at different athletic events at Franklin Field.